

CARNIVAL COOKOUT & SINGER VIC SOLO AT THE WRENTHAM COA

The Foxboro seniors have been invited on Tuesday, August 20th at 12 noon to the Wrentham COA, 400 Taunton Street, Wrentham, for a Carnival Cookout with Singer Vic Solo and a Jimmy Buffet Beach Party! We will be having a "Carnival" menu with Foot Long Hot Dogs w/Roll, Corn on the Cob, Potato Salad, and for Dessert, Ice Cream Sundaes! The cost is \$2.50 per person. Please make your reservations for this lunch by calling the Foxboro senior center at 508-543-1252 by Wednesday, August 14th. We will be entertained by Vic Solo, who will sing the songs of the ultimate "Parrothead" – Jimmy Buffet! What better way to celebrate summer than with fun, sun, drinks, and the music of Jimmy Buffet? Listen to classics like "Cheeseburger in Paradise," "It's 5 O'Clock Somewhere", "Fins," and of course, "Margaritaville". Dress in your tropical best, bring your flip flops and have a great time with our friends at the Wrentham COA!

Monday, August 5

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Book Club Movie Day 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, August 6

Stretch & Balance 8:30 a.m.

SHINE (by appointment) 9:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

Wednesday, August 7

Sign-up for Essex Steam Train & Riverboat Trip

Strength Training 8:30 a.m.

Painting with Bob MacLeod 10:00 a.m.

Video Lecture Series-Experiencing Hubble 12:30 p.m.

Kohl's @ Mansfield Crossing 1:00 p.m.

Zumba 2:30 p.m.

Thursday, August 8

Ceramics 9:00 a.m.

Mansfield Farmers' Market 2:00 p.m.

Friday, August 9

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

"Health Beat: Shingles" will be this week's senior center programming shown on August 7th & August 8th. Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

VETERANS' SCAM ALERT

Beware of Baystate Vets and VSO (Veteran Support Organization), apparently two scam organizations that have been hitting our area lately. Baystate has been pushing residents to leave checks at the door "to support local veterans". The organization VSO, has been outside grocery stores taking donations. Neither one benefits our local veterans. If ever in question about an organization, please contact Michael Johns, Director, Foxborough Veterans' Services and he will look into it. He urges callers to donate locally instead at our two active veteran posts; VFW & American Legion, with Poppy Drives dedicated to directly supporting local veteran families in need.

COMMUNITY PROGRAMS

WOMEN'S SELF DEFENSE SEMINAR

Do you know how to protect yourself? Every 2 minutes someone in the United States is sexually assaulted. Our 2 local Foxboro and Sharon H.U.G.S. (Help Us Get Safe) organizations are bringing much needed attention to the pervasive and devastating crimes of sexual violence that affect countless numbers of women, men, and children in our communities every day. Our local women and teens can learn how to protect themselves and family members at the H.U.G.S. sponsored Women's Self Defense Seminar. Please come on August 20th from 7:00 p.m. to 8:30 p.m. to Personal Best Karate, Foxboro, MA. This seminar is FREE and is sponsored by Foxboro and Sharon H.U.G.S. along with Personal Best Karate. Please consider a monetary donation or toiletries, diapers or canned goods for families in need. For more information about domestic violence and combating violence in our communities through educational programs, call H.U.G.S. Foxboro at 508-698-8784 or H.U.G.S. Sharon at 781-784-5056.

NORWOOD FARMERS MARKET CHEF'S TABLE

Norwood Hospital is partnering this summer with the Norwood Farmers Market at their Chef's Table for a series of nutritional cooking demonstrations. Dietician and Clinical Nutrition Manager Caitlin Melia from Norwood Hospital's Nutrition and Wellness Clinic will be preparing healthy recipes from locally grown produce. Come for a day of good food and good health at Norwood Commons, Norwood Center/Washington Street, on August 20th and September 24th, from 2:00 p.m. to 5:00 p.m. Call 781-278-6022 or visit norwood-hospital.org for more information.

FOXBORO COMMUNITY BLOOD DRIVE

Help the American Red Cross with the upcoming Foxboro Community Blood Drive on Tuesday, August 20th from 1:00 to 6:00 p.m., at The Lodge at Foxboro, 400 Foxboro Blvd. The American Red Cross and the many hospital patients in need, thank you for your support. For more information, please call Jonathan Winslow at 781-710-2450.

TRAVEL AND ENTERTAINMENT

YELLOWSTONE TRIP DOCUMENTS PARTY

We will have a documents party for the Yellowstone trip on Friday, August 23rd at 1:00 p.m. at the Foxboro Senior Center, 75 Central Street, Foxboro, MA. For all those planning to go on this trip, please attend to receive important information and documents for your upcoming trip.

ESSEX STEAM TRAIN AND RIVERBOAT TRIP

Join the Foxboro seniors on a scenic day trip to Essex for a steam train and riverboat tour on Thursday, October 10th. This special trip begins in Mystic, Connecticut where you will have some time for shopping for bargains at the Mystic Commons. Then you will board The Valley Railroad Steam Train for a 1-hour train ride along the Connecticut River. Enjoy the ride through the old New England countryside as well as a wonderful meal served on board prior to your departure. You will have your choice of Beef Tips and Gravy, Baked Stuffed Fish or Pasta Shells with Sweet Red Sauce, all served with Garden Salad, Vegetables, Starch, Bread and Dessert. Once you arrive at Deep River Landing, you will board the Essex Steamboat for a 1-hour cruise on the Connecticut River. Along the river, you will view the Gillette Castle, Goodspeed Opera House and many other landmarks

from the steamboat era before boarding your train for the return trip to Essex. This time of year should make for optimal “leaf-peeping” along the way! The cost for this spectacular day trip is just \$80 per person, including gratuities and driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, September 6th. Your motorcoach bus will depart from St. Mary’s Church parking lot (time to be announced) on Thursday, October 10th. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, August 7th beginning at 8:00 a.m.

SPECIAL EVENTS AND PROGRAMS

FARMERS’ MARKET COUPONS

A limited number of Farmers’ Market coupons will be available beginning August 1st at the senior center for Foxboro residents. Coupon books are in the amount of \$25 per recipient. In order to qualify, you must be at least 60 years of age and have an income below \$21, 257 for an individual and \$28, 694 for a couple. As a form must be signed indicating you meet the eligibility requirements, you must come in person to the senior center to sign for and receive your coupon booklet. We have scheduled a Van-Go trip to the Mansfield Farmers’ Market on Thursday, August 8th at 2:00 p.m. where you can use your coupons. Please call 508-543-1252 to arrange for your space on the van if you want to go along.

SUMMER MUSIC WITH JACK CRAIG

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on three Wednesdays in August at 11:00 a.m. The remaining schedule is as follows:

August 14th - Great Songwriter-Hoagy Carmichael

August 21st – Great Songwriter-Sammy Cahn

August 28th –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year’s ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, August 13th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, August 6th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, August 13th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 15th. This is an adult group providing peer support and information for anyone

with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, August 6th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB-Movie Day on August 5th at 12:00 p.m.

For the August Book Club meeting, the group will watch the movie "The Boy in the Striped Pajamas" as a follow-up to having read the book. Set during World War II, a story seen through the innocent eyes of Bruno, the eight-year-old son of the commandant at a concentration camp, whose forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences. This film is directed by Mark Herman and stars Asa Butterfield, Zac Mattoon O'Brien, David Thewlis. The movie will be shown on **Monday, August 5th at 12:00 p.m.** in place of the regular Book Club meeting. The Book Club is inviting both members and non-members to come and see the movie. If you are interested, please call 508-543-1252.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, August 7th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, August 21st join us for a special "Hawaiian Luau." Come and enjoy an opportunity to visit with each other beginning at 4:30 p.m., followed by a meal of Boneless Chicken Breast with Maraschino Sweet and Sour Sauce, White Rice with Roasted Vegetables, Diner Roll, and Strawberry/Peach Upside Down Cake with Whipped Cream to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 4 weeks and runs from July 29th through August 25th. The payment will be \$20 and is due at sign-up. Call 508-543-1252 with any questions.

VIDEO LECTURE SERIES: "EXPERIENCING HUBBLE"

As part of "The Great Courses" video lecture series from our [Kastrenos Library of Illuminating Lectures](#), we will be offering "Experiencing Hubble: Understanding the Greatest Images of the Universe" on Wednesdays at the senior center through August 14th from 12:30 p.m. to 1:30 p.m. Learn about how the Hubble Space Telescope has revolutionized our understanding of the universe, both near and far. Come and see the stunning images that have captivated and inspired students of all ages. Professor David M. Meyer is professor of Physics and Astronomy at Northwestern University, where he has taught for more than 20

years. He is also the director of the Dearborn Observatory and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics, where much of his work involves the Hubble Space Telescope. This series is touted as “pure intellectual stimulation” by *Harvard Magazine* and “a serious force in American education” by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

August 7 Kohl’s @ Mansfield Crossing

August 8 Mansfield Farmers’ Market @ 2:00 p.m.

August 14 Christmas Tree Shops

August 21 Wal-Mart

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, August 5

Rigatoni W/Meatballs
Italian Blend Vegetables
Whole Wheat Bread
Mixed Fruit

Tuesday, August 6

Beef Stew W/Vegetables
Boiled Potatoes
Multigrain Roll
Applesauce

Wednesday, August 7

Meatloaf W/Onion Gravy
Whipped Potatoes
Glazed Carrots
Wheat Bread
Fresh Fruit

Thursday, August 8

Kale Soup
Oven Baked Chicken
Rice Pilaf
Whole Wheat Roll
Hermit Cookie

Friday, August 9

Potato Crunch Pollack
Tartar Sauce

Lyonnais Potatoes
Zucchini & Tomatoes
Finger Roll
Artic Ice